

# QUESTIONS ON BEING FAITHFUL

## What does it mean to be faithful?

Being faithful means keeping sexual relationships with only one partner, and showing love, trust and respect to one partner/spouse.

## What are the advantages of being faithful?

The advantages of remaining faithful are:

- Preventing getting HIV or other sexually transmitted diseases
- An increase in the stability of the marriage
- Provides a good role model for children and others
- More peace and harmony in the family
- No children born outside the marriage
- Strengthens the love between the man and the woman
- Helps to establish a happy and healthy family
- Helps to build self confidence
- Strengthens the relationship with a partner/spouse

## What makes being faithful difficult?

- Peer pressure
- Inability to control emotions and desires
- Lack of self confidence
- Addiction
- Being emotional, quarrelling and fighting
- Economic problems: even though we want to be faithful, economic problems may force us to be unfaithful to make more money
- Infertility
- Being separated from spouse
- Lack of sexual attractiveness after years
- Lack of cleanliness or hygiene can make a partner less desirable
- Some cultural values like no sex during breast feeding, or in some places it is culturally acceptable for men to have sex outside the marriage but not women.

## Why is not being faithful dangerous?

- Increases the risk of sexually transmitted diseases including HIV
- Loss of family income when money spent on girlfriends/boyfriends outside the marriage
- Causes pain from jealousy and heated quarrels
- Can cause a woman to be beaten when accusing a husband of infidelity
- Children born outside marriage cost money
- Contravenes religious teachings



“SIKIA KENGELE”



## What can you do to be more faithful?

### Increase love and commitment

- Express positive feelings and appreciation to your partner
- Show courtesies like sharing work in the house and outside the house if you work together on a business
- Buy gifts to show appreciation
- Find out what your partner/spouse needs
- Reconfirm wedding vows

### Improve sex life

- Learn more about your partner/spouse preferences
- Try to make yourself more attractive
- Go to bed earlier so you are rested
- Have a positive discussion about intimate things
- Give a massage to relax before having sex
- Take your time to caress and have foreplay before sex
- Reduce workload of the woman, so she is less tired

### Other ways to resist the challenges of not being faithful is to:

- Analyze your situation and figure out what is the real reason it is so challenging to maintain faithfulness
- Communicate with your spouse about what these reasons are.
- Set a goal to solving the problem and work towards it• Give a massage to relax before having sex
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